

ABSTRACT OF THE DISCLOSURE

An optical recording method of recording information to a phase change optical recording medium with alternate application of peak power and bias power 5 in a pulse manner and with changing a pulse application interval continuously from an inner part through an outer part of the recording medium with an interval proportional to a window width T_w and a fixed interval, comprising the step of starting a top peak power 10 application interval with a delay from a data input pulse signal starting time for a target mark length nT_w , where n denotes an integer in a range between 3 and 14, with changing the delay in proportion to the window width T_w with changing a proportionality factor 15 discretely with respect each linear velocity.